

Culpeper County Parks & Recreation – **SWIMMING LESSONS**

Held at Culpeper Recreation Club, 13163 Recreation Road, Culpeper

Swimming Lesson Guidelines

- Children not toilet-trained must wear swim diapers.
- Students may need to attend several sessions of lessons before progressing to the next level.
- If a student enrolls in a lesson that is too advanced for his/her skills, CCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.
- Only registered participants are allowed in the pool during swim lessons.
- Skills provided in the Swim Skills Progression Chart are guidelines set forth by the American Red Cross.

Level	Ages	Class Length	Pre-requisite	Skills Taught
Mommy & Me 1	6–18 months	30 min.	Parents must get in the water.	Proper supports & holds, water safety, basic skills, games to encourage participation.
Mommy & Me 2	18–36 months	30 min.	Parents must get in the water.	Building on Level I skills and adding on more advanced skills.
Preschool I	3-5 years	30 min.	Must be able to leave parent willingly and follow directions.	Water adjustment, safety, entry, floating and breathing introduced.
Preschool II	3-5 years	30 min.	Preschool I certificate or be able to submerge face, blow bubbles, front glide and float on front & back.	Back float and recovery, locomotion skills, arm & leg action on front & back.
Preschool III	3-5 years	30 min.	Preschool II certificate or be able to swim 3 body lengths with arm & leg action, float on front & back 5 sec. with recovery.	Using guided practice, effectively coordinate combined simultaneous and alternating arm & leg action.
Level I	6-17 years	45 min.	Must be able to participate in a group and follow directions.	Water exploration and safety skills. Entry, floating and breathing introduced.
Level II	6-17 years	45 min.	Level I Certificate or be able to travel 5 yards, submerge face 3 times, front glide, roll to back and float 3 sec.	Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.
Level III	6-17 years	45 min.	Level II Certificate or be able to swim 5 body lengths using combined arms & legs, front and back float 15 sec.	Survival float, elementary backstroke, coordinate front crawl. Intro to scissor & dolphin kick. Fundamentals of treading.
Level IV	6-17 years	45 min.	Level III Certificate or be able to swim 15 yards front crawl with rotary breathing, tread water and swim elementary backstroke 15 yards.	Develop confidence in strokes, increase endurance in front crawl & elementary back stroke. Build on scissor & dolphin kick adding arms for sidestroke and butterfly.
Level V	6-17 years	45 min.	Level IV Certificate or be able to swim 25 yards front crawl and swim breast stroke 15 yards.	Introduce diving, refine breast stroke, butterfly, front crawl & back stroke.
Adult Level 1	18+	45 min.	For the adult that is fearful of water	Water exploration and safety skills. Entry, floating and breathing introduced.
Adult Level 2	18+	45 min.	For the adult that is able to submerge their face in water	Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.

Culpeper County Parks and Recreation

Swim Lesson Schedule for 2010

Level	Dates	Time	Days	# of Lessons	Fee	Code
Adult - Level 1	9/6-9/10	7:00-8:00a	M-F	5	\$75	3622.0538
	5/31-7/12	8:05-8:50p	M	7	\$80	3622.0546
	6/5-7/24	7:00-7:45a	Sa	7	\$80	3622.0562
	5/31-6/11	7:00-7:45a	M-Th	8	\$85	3622.0496
Adult - Level 2	9/6-9/10	8:05-9:05a	M-F	5	\$75	3622.0539
	7/19-8/30	8:05-8:50p	M	7	\$80	3622.0550
	5/31-6/11	7:00-7:45a	M-Th	8	\$85	3622.0549

Level	Dates	Time	Days	# of Lessons	Fee	Code
Level 1	9/6-9/10	7:00-8:00a	M-F	5	\$75	3622.0534
	5/31-7/12	7:35p-8:20p	M	7	\$80	3622.0544
	6/5-7/24	8:40-9:25a	Sa	7	\$80	3622.0559
	6/5-7/24	7:50-8:35a	Sa	7	\$80	3622.0563
	7/31-9/11	7:50-8:35a	Sa	7	\$80	3622.0568
	7/31-9/11	7:50-8:35a	Sa	7	\$80	3622.0573
	8/23-9/3	7:50-8:35a	M-Th	8	\$85	3622.0525
	5/31-6/11	8:40-9:25a	M-Th	8	\$85	3622.0498
	5/31-6/11	8:40-9:25a	M-Th	8	\$85	3622.0502
	7/26-8/6	8:40-9:25a	M-Th	8	\$85	3622.0507
	7/26-8/6	7:50-8:35a	M-Th	8	\$85	3622.0511
	7/26-8/6	8:40-9:25a	M-Th	8	\$85	3622.0512
	8/9-8/20	8:40-9:25a	M-Th	8	\$85	3622.0517
	8/9-8/20	9:30-10:15a	M-Th	8	\$85	3622.0518
	8/9-8/20	7:00-7:45a	M-Th	8	\$85	3622.0520
	8/9-8/20	9:30-10:15a	M-Th	8	\$85	3622.0523
	6/1-7/20	7:35p-8:20p	Tu	8	\$85	3622.0552

Level	Dates	Time	Days	# of Lessons	Fee	Code
Level 2	9/6-9/10	8:05-9:05a	M-F	5	\$75	3622.0535
	7/19-8/30	7:35p-8:20p	M	7	\$80	3622.0548
	7/27-9/7	7:35p-8:20p	Tu	7	\$80	3622.0555
	6/5-7/24	7:50-8:35a	Sa	7	\$80	3622.0558
	7/31-9/11	7:00-7:45a	Sa	7	\$80	3622.0567
	8/23-9/3	7:00-7:45a	M-Th	8	\$85	3622.0545
	8/23-9/3	7:50-8:35a	M-Th	8	\$85	3622.0530
	5/31-6/11	7:50-8:35a	M-Th	8	\$85	3622.0497
	7/26-8/6	7:50-8:35a	M-Th	8	\$85	3622.0506
	8/9-8/20	7:50-8:35a	M-Th	8	\$85	3622.0516
	6/1-7/20	8:05-8:50p	Tu	8	\$85	3622.0553
Level 3	9/6-9/10	9:10-10:10a	M-F	5	\$75	3622.0536
	7/27-9/7	8:05-8:50p	Tu	7	\$80	3622.0556
	6/5-7/24	7:00-7:45a	Sa	7	\$80	3622.0557
	7/31-9/11	7:00-7:45a	Sa	7	\$80	3622.0572
	8/23-9/3	7:00-7:45a	M-Th	8	\$85	3622.0529
	5/31-6/11	7:50-8:35a	M-Th	8	\$85	3622.0501
	7/26-8/6	7:00-7:45a	M-Th	8	\$85	3622.0510
	8/9-8/20	7:50-8:35a	M-Th	8	\$85	3622.0521
Level 4	7/26-8/6	7:00-7:45a	M-Th	8	\$85	3622.0505
	8/9-8/20	7:00-7:45a	M-Th	8	\$85	3622.0515
Level 5	8/9-8/20	8:40-9:25a	M-Th	8	\$85	3622.0522

Level	Dates	Time	Days	# of Lessons	Fee	Code
Mommy & Me 1	9/6-9/10	10:20-10:50a	M-F	5	\$65	3622.0542
	6/5-7/24	10:05-10:35a	Sa	7	\$70	3622.0561
	7/31-9/11	9:30-10:00a	Sa	7	\$70	3622.0570
	8/23-9/3	8:40-9:10a	M-Th	8	\$75	3622.0526
	5/31-6/11	10:05-10:35a	M-Th	8	\$75	3622.0500
	7/26-8/6	10:05-10:35a	M-Th	8	\$75	3622.0509
	8/9-8/20	10:20-10:50a	M-Th	8	\$75	3622.0524
	6/1-7/20	7:00p-7:30p	Tu	8	\$75	3622.0551
Mommy & Me 2	9/6-9/10	10:15-10:45a	M-F	5	\$65	3622.0537
	7/27-9/7	7:00p-7:30p	Tu	7	\$70	3622.0554
	6/5-7/24	10:05-10:35a	Sa	7	\$70	3622.0566
	7/31-9/11	9:30-10:00a	Sa	7	\$70	3622.0575
	8/23-9/3	9:50-10:20a	M-Th	8	\$75	3622.0533
	5/31-6/11	10:05-10:35a	M-Th	8	\$75	3622.0504
Preschool 1	9/6-9/10	9:10-9:40a	M-F	5	\$65	3622.0540
	5/31-7/12	7:00p-7:30p	M	FULL	\$70	3622.0543
	6/5-7/24	9:30-10:00a	Sa	7	\$70	3622.0560
	6/5-7/24	8:40-9:25a	Sa	7	\$70	3622.0564
	7/31-9/11	8:40-9:25a	Sa	7	\$70	3622.0569
	7/31-9/11	10:05-10:35a	Sa	7	\$70	3622.0571
	8/23-9/3	9:15-9:45a	M-Th	8	\$75	3622.0527
	5/31-6/11	9:30-10:00a	M-Th	FULL	\$75	3622.0499
	8/9-8/20	10:20-10:50a	M-Th	8	\$75	3622.0519
Preschool 2	9/6-9/10	9:45-10:15a	M-F	5	\$65	3622.0541
	7/19-8/30	7:00p-7:30p	M	7	\$70	3622.0547
	6/5-7/24	9:30-10:00a	Sa	7	\$70	3622.0565
	7/31-9/11	8:40-9:25a	Sa	7	\$70	3622.0574
	8/23-9/3	9:50-10:20a	M-Th	8	\$75	3622.0528
	8/23-9/3	9:15-9:45a	M-Th	8	\$75	3622.0532
	5/31-6/11	9:30-10:00a	M-Th	8	\$75	3622.0503
	7/26-8/6	9:30-10:00a	M-Th	8	\$75	3622.0513
Preschool 3	7/31-9/11	10:05-10:35a	Sa	7	\$70	3622.0576
	8/23-9/3	8:40-9:10a	M-Th	8	\$75	3622.0531
	7/26-8/6	9:30-10:00a	M-Th	8	\$75	3622.0508
	7/26-8/6	10:05-10:35a	M-Th	8	\$75	3622.0514